EASYLINE

CIRCUIT TRAINING WITH STYLE

TECHNOGYM®

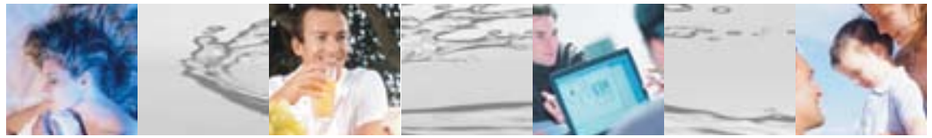
The Wellness Company™

Easy Line makes Wellness simple and achievable for all.

Given the opportunity, most people want to achieve a Wellness Lifestyle.

With Easy Line Technogym® wants to reach out to all those people who want to lose weight, improve their health and physical condition and enjoy a better lifestyle by means of regular exercise, yet are intimidated or dissatisfied by traditional gyms.

Technogym® has developed the Easy Line quick training circuit to answer the needs of those potential clients who search for a friendly, informal atmosphere where they can find non-intimidating and easy to use training equipment. Technogym® has added its brand of superior quality design and durability to give operators the best equipment solution for quick training.



Metabolic Circuit Training.

Metabolic Circuit Training with EASY LINE combines cardio and strength training exercises with an increased calorie expenditure. It is the ideal training method for both deconditioned users and those affected by metabolic syndrome who require a rapid and effective workout.

EASYLINE

CIRCUIT TRAINING WITH STYLE

Easy Line is designed to fit everyone's needs.

The Easy Line circuit has been developed to provide a good training solution to those people who find traditional gyms intimidating. In particular they will appreciate:

USER-FRIENDLY DESIGN

Training with Easy Line is relaxing and enjoyable. The equipment design is welcoming and beautiful to make your members feel at home and enjoy the atmosphere.

EASY ROUTINE

The *push and pull* movement exercises both the agonistic and the antagonistic muscles. By speeding up the exercise you will increase resistance and by slowing down you will diminish resistance. Each user can find the ideal pace suited to their physical condition.

30' MINUTE WORKOUT

Easy Line provides a complete and satisfying workout in 30'. Easy Line is a circuit so you can step in where you want and go round as many times as you have time for.

SILVER AGE GROUP MEMBERS

FEMALE GROUP MEMBERS

MALE GROUP MEMBERS

Easy Line gives more adv antages to your business.

EASY LINE MAKES LIFE EASY **FOR TRAINERS**

- Easy Line is easy to regulate and to use.
- Easy Line is simple to run so one trainer can supervise the whole circuit and attend to the members.
- Sturdy during the workout and easy to move so you can make space for other activities when required.
- Requires very little supervision.
- Biomechanics ensure maximum user comfort and satisfaction.

EASY LINE MAKES LIFE EASY **FOR CLUB OWNERS**

- Small capital investment.
- Suited to many business models and layout solutions.
- Best style and design on the market.
- Superior quality, durability and safety.
- Requires next to no maintenance.

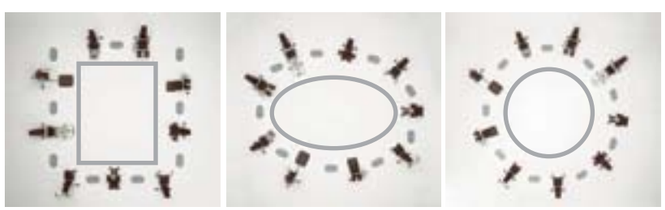
- A small investment with great business opportunities.
- Easy Line circuit is very welcoming and attracts new clients who are not catered for by traditional gyms.

Easy Line: 4 easy business models.

CLUB IN THE CLUB

Are you a Club Owner?
Choose the 'Club in the Club' business model.

This solution is particularly suited for existing Clubs that want to increase their attraction and direct it to the large pool of de-conditioned people that are not attracted to traditional gyms. It could either be a separate structure or a space inside the Club, depending on target characteristics.



8x8 (mt) 9x9 (mt) 7x9 (mt)

CLASS STUDIO

Do you run a Class Studio?
Easy Line can double your business.

This solution enables you to optimise space use and management within the Studio: at certain times the Studio can be utilised for the Easy Line quick training circuit, whilst at others the Easy Line equipment can be set aside to make space for traditional class activities.

STAND ALONE BUSINESS

Are you a first timer?
Easy Line is perfect to start up a successful business.

The Easy Line circuit requires a small initial investment and has a minimum space requirement so it fits virtually anywhere. The fast growing trend for easy circuit training is a great business opportunity for trainers who want to start their own Stand Alone Club.

Do you want to offer a wider choice? Try Easy Line + Cardio equipment.

A variant of circuit training that requires the availability of a larger space to include cardiovascular training equipment from the Excite™ Line, such as Cardio Wave™, Recline and Bike.

CIRCUIT TRAINING WITH CARDIO EQUIPMENT

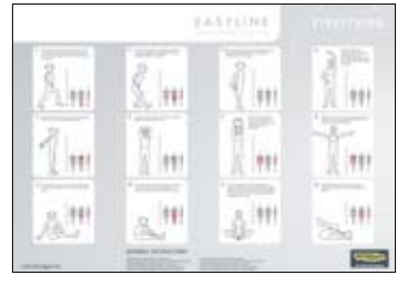
Easy to communicate.

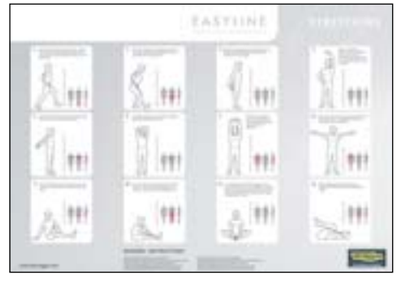
- User's manual
- Educational and promotional material
- Video and music

Technogym® has made sure that every aspect of Easy Line is really simple and easy. For this reason, it has created a CD containing the open files of educational and promotional material for club personalisation. Furthermore, Technogym® provides you with music, video and a portfolio of images for promotional use.

EDUCATIONAL & TRAINING POSTERS

EXERCISE POSTERS





STRETCHING POSTERS

The Easy Line Circuit.

CHEST/BACK
MC20-CHAYAT

This machine reproduces pushing and pulling movements of the upper limbs, on the sagittal plane, involving agonistic and antagonistic muscle chains.
The shaped seat guarantees stability and comfort during exercise. The contour of the backrest provides optimal stabilisation.
Neutral Grips enable users to perform the exercise keeping the upper limb in a neutral position to avoid any kind of stress to the articulation.

Length	*mm*	*1210*	*in*	*47,6*
Width	*mm*	*820*	*in*	*32,2*
Height	*mm*	*1270*	*in*	*49,9*
Machine Weight	*Kg*	*44*	*Lbs*	*97,0*

- *Pectorals*
- *Latissimus dorsi*
- *Rhomboids*

SHOULDER PRESS/LAT PULL
MC15-CHAYAT

This machine reproduces pushing and pulling movements of the upper limbs, on the frontal plane, involving agonistic and antagonistic muscle chains.
The shaped seat guarantees stability and comfort during exercise. The contour of the backrest provides optimal stabilisation.
Neutral Grips enable users to perform the exercise keeping the upper limb in a neutral position to avoid any kind of stress to the articulation.

Length	*mm*	*970*	*in*	*38,1*
Width	*mm*	*780*	*in*	*30,7*
Heigth	*mm*	*1870*	*in*	*73,6*
Machine Weight	*Kg*	*48*	*lbs*	*105.8*

- *Deltoid*
- *Trapezius*
- *Latissimus dorsi*

PEC DEC/FLY
MC70-CHAYAT

This machine reproduces adduction and abduction movements of the upper limbs, on the transversal plane, involving agonistic and antagonistic muscle chains.
The shaped seat guarantees stability and comfort during exercise. The contour of the backrest provides optimal stabilisation.
The convergent shape of the retaining rolls allows users of all body sizes to achieve the most congenial position and to keep contact with the rolls during the exercise.

Length	*mm*	*950*	*in*	*37,4*
Width	*mm*	*1220*	*in*	*48,0*
Height	*mm*	*1270*	*in*	*49,9*
Machine Weight	*Kg*	*52*	*lbs*	*114.6*

- *Pectorals*
- *Rhomboids*
- *Deltoid*

BICEPS/TRICEPS
MC55-CHAYAT

This equipment reproduces the flexion and extension movements of the elbow, involving the agonistic and antagonistic muscles. The shape of the seat ensures stability and comfort. The foot platform provides optimal stability even for shorter users. The concave shape of the elbow support pad ensures that the elbow joints are perfectly aligned with the pivoting action of the equipment during exercise. The V-shaped convergent shape of the retaining rolls allows users of all body sizes to find the most comfortable position and to keep contact with the rolls throughout the full range of movement.

Length	*mm*	*1126*	*in*	*44*
Width	*mm*	*930*	*in*	*37*
Height	*mm*	*944*	*in*	*37*
Machine Weight	*Kg*	*41*	*Lbs*	*90*

- *Biceps*
- *Triceps*

HIP ADDUCTOR/ABDUCTOR
MC05-CHAYAT

This machine reproduces adduction and abduction movements of the lower limbs, involving agonistic and antagonistic muscles.
The shaped seat guarantees stability and comfort during exercise, preventing the thigh from rubbing against it. The contour of the backrest provides optimal stabilisation.
The convergent shape of the retaining rolls allows users of all body sizes to achieve the most congenial position and to keep contact with the rolls during the exercise.

Length ..... *mm 1400* ..... *in 55,1*	*- Tensor Fasciae latae*
Width..... *mm 780* ..... *in 30,7*	*- Gluteus*
Heigth ..... *mm 1430* ..... *in 56,2*	*- Adductors*
Machine Weight..... *Kg 49* *lbs108.0*	

LEG EXTENSION/LEG CURL
MC30-CHAYAT

This machine reproduces flexion and extension movements of the knee, involving agonistic and antagonistic muscles. The shaped seat guarantees stability and comfort during exercise. The contour of the backrest provides optimal stabilisation. The convergent shape of the retaining rolls allows users of all body sizes to achieve the most congenial position and to keep contact with the rolls during the exercise. The anatomic shape of the knee support pad minimises pressure on this area. This machine is equipped with an anatomically contoured adjusting pad to enable shorter users to achieve a perfect alignment of the knee with the machine fulcrum.

Length ..... *mm 1490* ..... *in 58,6*	*- Quadriceps*
Width..... *mm 1110* ..... *in 43,7*	*- Ischiocrural*
Height ..... *mm 1500* ..... *in 59,0*	
Machine Weight..... *Kg 52* ..... *lbs 114.6*	

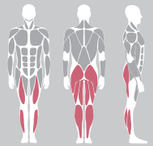
SQUAT
MC01-CHAYAT

This machine reproduces bending and extending movements of the lower limbs from the standing position, in a closed kinetic chain. The back support ensures the correct posture of the spinal column during movement. The support platform in non-slip polyurethane has been designed at an angle to take the vertical load completely off the back and the knees, for a completely safe movement.

Length ..... *mm 1800* ..... *in 70,8*	*- Quadriceps*
Width..... *mm 780* ..... *in 30,7*	*- Gluteus*
Height ..... *mm 1300* ..... *in 51,1*	*- Ischiocrural*
Machine Weight..... *Kg 65* *lbs143.3*	

LEG PRESS
MC50-CHAYAT

This machine reproduces bending and extending movements of the lower limbs from the sitting position, in a closed kinetic chain. The shaped seat guarantees stability and comfort during exercise. The open angle between the seat and the backrest has been designed to provide a complete articular excursion to overweight, without crushing the abdomen, ensuring optimal stabilisation. A pre-start system reduces knee flexion at the beginning of the exercise. The support platform in non-slip polyurethane is wider to allow each user to find the best position. This machine has a standard adjusting pad to enable shorter users to achieve a correct position on the machine.

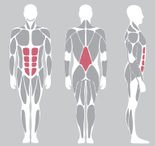


Length	*mm*	*2030*	*in*	*79,9*
Width	*mm*	*780*	*in*	*30,7*
Height	*mm*	*1370*	*in*	*53,9*
Machine Weight	*Kg*	*80*	*lbs*	*176.3*

-Quadriceps
- Gluteus
- Ischiocrural
- Gastrocnemius
- Soleus

ABDOMINAL/BACK
MC65-CHAYAT

This machine reproduces flexion and extension movements of the trunk, on the sagittal plane, involving agonistic and antagonistic muscle chains.
The shaped seat guarantees stability and comfort during exercise. The contour of the backrest provides optimal stabilisation.
The footrest provides support to users of all body sizes, ensuring good stabilisation. The two shoulder rests can adjust to different size users.



Length	*mm*	*1300*	*in*	*51,1*
Width	*mm*	*1110*	*in*	*43,7*
Height	*mm*	*1130*	*in*	*44,4*
Machine Weight	*Kg*	*53*	*Lbs*	*116,8*

- Abdominal rectus
- Erector spinae

PAD HOLDER A0000319
This accessory can be ordered separately to store the adjusting pad provided with the Leg Extension/Leg Curl and Leg Press stations.

STEP A0000281
This equipment, placed between one machine and the next, represents an intermediate station and enables to walk, step on and off or walk, at a higher level of conditioning. It is made of polyurethane to absorb impact and to prevent any type of articular trauma to knees and ankles, also for overweight users. The Step surface is non-slip and provides optimal adherence.

Length	*mm*	*864*	*in*	*34,0*
Width	*mm*	*382*	*in*	*15,0*
Height	*mm*	*100*	*in*	*3,9*
Weight	*Kg*	*5*	*lbs*	*11.0*

FRAME AND UPHOLSTERY

CH Champagne AY Brun AT Nabuck

The tubolar frame diameter measures 76 mm and is 2,5 mm thick providing a stable workout.
The only colour option available is Champagne for the frame and a combination of Nabuck and Brun for the upholstery. The seat and the backrest are always Brun and the lateral sides are always Nabuck.

Technogym® Biomechanics make training easy.

Technogym® has utilised its vast resources and experience in researching and developing gym equipment for the past twenty years to develop the Easy Line circuit. By applying the principles of biomechanics and ergonomics traditionally associated with Technogym®'s brand, it has provided Easy Line with great comfort and ease of use.

EASY FIT:
your clients will enjoy a comfort fit.

Easy Fit pads and retaining rolls are designed to fit different shapes and sizes. Their special V shape provides extra support and holds the limbs in place during exercise. This way users never lose contact or resistance and maintain the correct position at all times.

EASY ON THE KNEE:
your clients won't feel the pressure.

Studies carried out by Technogym® Scientific Centre have led to the creation of an anatomically contoured knee support to minimise pressure on the back of the knee.

EASY PAD:
your clients will appreciate it.

The Leg Extension/Leg Curl and the Leg Press stations are equipped with an adjusting Easy Pad. This allows shorter users to align the knee with the machine fulcrum and to keep the correct position on the equipment.

EASY GRIP:
your clients will enjoy a soft feel.

The ergonomic handgrip is made of special extra-resistant, hygienic, odour-free injection moulded polyurethane material.

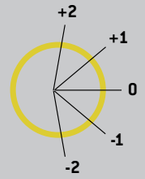
HYDRAULIC RESISTANCE PISTON TECHNOLOGY.

We push them to the limit so you can have a smooth ride.

Technogym® has selected the best hydraulic pistons developed for the automotive and motorcycle sector and has turned them into Easy Line's driving force. Under Technogym®'s Quality Insurance System the hydraulic pistons undergo and successfully pass very strict stress and durability tests that exceed one million cycles (automotive tests require only 500,000 cycles).

You don't need to be an expert to adjust our pistons.

All Easy Line pistons are equipped with an easily adjustable resistance device. A graduated turn dial with five different positions from –2 to 0 to +2 enables to reduce or to increase the resistance level so that the Trainer can adjust the circuit to the client target.



Safety first.

As attentive as always to safety issues, Technogym® has produced a piston carter for each machine to increase safety levels for users and people in close vicinity of the equipment alike.

EASY SEAT.

The Seat design has received great attention and represents the characteristic element of the Easy Line style. The shaped seat guarantees stability and comfort during exercise. The contour of the backrest mirrors the physiological curve of the spinal column and provides optimal stabilisation to all users.

EASY START.

The Leg Press is equipped with a pre-start system that reduces knee-flexion at the beginning of the exercise, without limiting the range of movement.

EASY ID.

All machines can be personalised and made readily identifiable by means of a number. Together with your circuit you will receive a service box that contains special numbered stickers and instructions explaining how to place them on each station frame for easy identification. It is up to you to choose which number to give to each machine according to how you want to organise your circuit.

EASY 2 MOVE.

Each machine is equipped with an integrated wheel system that makes it easy to move should you want to make space available to other activities. This feature enables you to optimise the club space according to your needs.

CIRCUIT STATUS: STAND BY.

Machines are up against the wall, ready to be moved into position for immediate use.

CIRCUIT STATUS: ACTIVE.

Machines are moved into position and ready for quick training.

ITALY
TECHNOGYM SpA
Via Giorgio Perticari, 20
47035 GAMBETTOLA (FC)
Tel. +39 0547 56047
Fax +39 0547 650505
E-mail: informazioni@technogym.com

GERMANY
TECHNOGYM Wellness & Biomedical GmbH
Im Geisbaum 10
63329 EGELSBACH
Ph. +49 6103 201240
Fax +49 6103 2012410
E-mail: info_d@technogym.com

U.S.A.
TECHNOGYM USA Corp.
830 Fourth Avenue South - Suite 300
SEATTLE WA 98134
Ph. +1 206 6231488
Toll free: 800 8040952
Fax +1 206 6231898
E-mail: info@technogymusa.com

UNITED KINGDOM
TECHNOGYM UK LTD.
Doncastle House
Doncastle Road - Bracknell
BERKSHIRE RG12 8PE
Ph. +44 1344 300236
Fax +44 1344 300238
E-mail: UK_info@technogym.com

BENELUX
TECHNOGYM BENELUX B.V.
Rhijnspoor 259
2901 LB Capelle a/d IJssel
Ph. +31 10 4223222
Fax +31 10 4222568
E-mail: info@technogym.nl

FRANCE
TECHNOGYM FRANCE SAS
4, Rue Nieuport B.P. N.109
78143 VÉLIZY CEDEX
Ph. +33 1 34582585
Fax +33 1 34582588
E-mail: info@technogym.fr

SPAIN
TECHNOGYM TRADING S.A.
Parque de negocios Mas Blau
Ed. Océano 1 c/Garrotxa, 10-12 Bajos 3a
08820 El Prat de Llobregat, Barcelona
Ph. +34 902 101 093
Fax +34 933 704 736
E-mail: informacion@technogym.net

PORTUGAL
TECHNOGYM TRADING S.A.
Parque das Nações
Edifício Smart - R. Pólo Norte,
Lt.1.06.1.1 - Piso 1 - Fracção 1F
1990-075 Lisboa
Ph. +351 218 934 030
Fax +351 218 942 026
E-mail: informacao@technogym.net

JAPAN
TECHNOGYM JAPAN Ltd
Zip code: 105-0011
2-10-1 Sumitomo Fudosan Shibazono building 6F
Shiba Koen, Minato-ku, Tokyo, Japan
Ph. +81 3 6402 7788
Fax +81 3 6402 7789
E-mail: info@technogym.co.jp

CHINA
TECHNOGYM (Shanghai) INTERNATIONAL TRADING Co., Ltd.
Room 3001, China Insurance Building, No. 166, East Lu
Jia Zui Road, Pudong, Shanghai, China
Ph. +86 21 5888 6355
Fax +86 21 5888 6950
E-mail: sales_china@technogym.com

ASIA
TECHNOGYM ASIA Ltd
18/F, Unit 2
59 Connaught Road, Central - Hong Kong
Ph. +852 3 1162 622
Fax +852 3 1162 625
E-mail: sales@technogymasia.com

OTHER COUNTRIES
TECHNOGYM SpA
Via Giorgio Perticari, 20
47035 GAMBETTOLA (FC) ITALY
Tel. +39 0547 650500
Fax +39 0547 650591
E-mail: info@technogym.com

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OSD004764A-UK 04/06